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# LivGenerations and The Springs of Scottsdale **RESOURCE GUIDE**

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## Reliable Sources for COVID-19 Information

### Local Information

Know where to find local information on COVID-19 and local trends of COVID-19 cases [azdhs.gov](http://azdhs.gov).

### **Follow Official Sources for Accurate Information!**

### Rumors

Help control the spread of rumors. Visit FEMA's rumor control pageexternal icon.

### Fraud

Beware of fraud schemes related to the novel coronavirus (COVID-19).  
Visit Office of Inspector General's COVID-19 fraud alert pageexternal icon.

### Signs & Symptoms- Know the Signs & Symptoms

Know the <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> of COVID-19 and what to do if symptomatic:

- Stay home when you are sick
- Call your health care provider's office in advance of a visit
- Limit movement in the community

## Wellness Resources

The following medical resources are available to you without leaving the comfort of your home. Please ensure when making appointments that the services are covered by your medical insurance. All services require either referrals from your physician or a screening provided by the service themselves.

**Atlas Medical**- telemedicine primary care provider  
Medical Services On-line- call phone # below to set up account  
<http://atlasmedicalcare.com/>  
**(480) 868-9650**

**Pacific Mobile**: Need to have an order from your doctor  
X-ray, and ultrasound  
<https://pmdxray.com/>  
**(888) PMD-XRAY**

**Korman Healthcare**: LivGenerations pharmacy  
Pharmacy services delivered to the front desk  
<https://kormanhealthcare.com/>  
**(480) 365-0222**

**Core Institute**: Orthopedic urgent care, on site with doctor's orders  
X-ray, casting  
<https://thecoreinstitute.com/>  
**(866) 974-2673**

**Dispatch Health**: Replaces "emergency room" for triage on phone  
Mobile urgent care service  
<https://www.dispatchhealth.com/>  
**(480) 295-4490**

**My errand ally**: Errands, grocery shopping  
Private shopper who will deliver groceries and sundries. Can drop off at front desk and staff will deliver to your apartment.  
<https://www.myerrandally.com/>  
**(602) 499-5042**

**Sunland Homecare**: can provide home care to residents not on services with us  
Private duty care givers  
<https://sunlandhomecareaz.com/>  
**(480) 447-8893**

**CCL Labs**: Can draw blood for lab work on site  
Mobile lab service  
<https://ccllabs.com/>  
**(844) 225-0202**

## Dining Services

Cooking with love provides food for the soul! The dining department wants to do everything we can to provide you with homemade meals delivered to your door.

**Meal Service**: Delivered to your apartments for Assisted Living and Independent Living. LivGenerations is providing 3 meals a day for every resident.

- Breakfast 7:30 to 9:00
- Lunch 11:30 to 1:00
- Dinner 4:30 to 6:00

**Meal Service:** Still serving meals in dining areas at regular mealtimes for Memory Care and Signature services.

**Grocery Carts:** Dining will provide selected beverages, snacks, food and non-food items that you can purchase and charge to your monthly bill.

**Allergies or Special diet needs:** Please let your dining staff know if you have any food allergies or require certain foods for dietary needs. We will ensure you get the correct foods.

## Vibrant Living

Our vibrant living staff will continue to compile a list of “things to do” in the week’s ahead. Here are a few suggestions.

**Discover Genealogy:** Websites you can check out

- Myheritage.com
- Ancestry.com
- Familysearch.org

**My Life Story:** writing your personal stories can recount your family history so it won’t be lost forever. Honor your own stories and tell them! They may not seem important but they are what binds families together and will live on for generations to come.

**Virtual Field Trips:** virtual field trips allow you to visit places around the world without ever leaving your homes. Go to [www.freedomhomeschooling.com/virtual-field-trips](http://www.freedomhomeschooling.com/virtual-field-trips) and see the list of all the places you can go.

**Word Puzzles, Brain Teasers, Crossword Puzzles, Suduko:** our vibrant living staff are providing daily “paper” games to keep your mind engaged.

## Maintenance Team

Our housekeeping and maintenance team members are still on duty keeping our communities in the best shape they can during these difficult times. Common spaces are being cleaned and sanitized as well as your living spaces. If you are in need of any repair or assistance please contact the front desk and our team will take care of your issues.